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NEWS
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\$4.7-BILLION BLACKBERRY BUYOUT BID

FAIRFAX CONSORTIUM MAKES OFFER BUT IT'S NO DONE DEAL **PAGE 7**

Best offbeat rom-coms

Five movies so funny you could bust a gut. This is not a joke. Safety not guaranteed. **PAGE 9**

RCMP charge 11 teens with brutal hazing

Sask. teens accused of injuring students **PAGE 4**

Keeping an eye on Kenya

Amid reports a Canadian was among the attackers, Harper says homegrown terror is not a trend **PAGE 6**



Conservation and Water Stewardship Minister Gord Mackintosh, right, speaks with Mayor Sam Katz next to the flare tower where methane gas from the Brady Road Landfill is burned. The two unveiled the dump's new \$7-million methane gas-collection system Monday. SHANE GIBSON/METRO

Dump set to amass trash gas

Smell ya later. Brady Road Landfill to collect methane gas, reducing odours and emissions



SHANE GIBSON
shane.gibson@metronews.ca

The Winnipeg and Manitoba governments proved their decade-old plan to collect methane gas at the Brady Road Landfill wasn't just hot air on Monday with the unveiling of a system that promises to reduce greenhouse-gas emissions at the city's biggest dump.

Mayor Sam Katz and Conservation and Water Stewardship Minister Gord Mackintosh were on hand as media got their first look at the new \$7-million gas-collection system.

"Manitoba now is joining many other municipalities across Canada in a modern treatment of garbage," said Mackintosh.

"This investment ... will result in a reduction of greenhouse-gas emissions equal to taking about 20,000 cars off the road."

The system sees gases produced by rotting organic

waste sucked through 42 collection wells and pumped through underground pipes to a flare, where it's burned and converted into carbon dioxide.

Methane gas is 21 times more harmful to the environment than carbon dioxide, according to a joint release from the city and the province.

Landfill bill

\$7M

The province put just over \$2.5 million into the new gas-collection system at the Brady Road Landfill, and the city added \$4.5 million to complete the project.

The system currently only collects gas from a closed portion of the dump where garbage is more than 30 years old, but Katz said it would be expanded in the future to include active areas of the landfill.

The mayor also said he'd eventually like to see the collected gas used as an energy source instead of being burned off.

"It would generate enough energy to power 1,500 to 2,000 homes," he said.

"Now that we're recapturing it, that would be the obvious next step."

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Urban studies. Downtown Winnipeg growing like never before

Winnipeg's downtown is experiencing a boom in development the likes of which we haven't seen in a century, according to a new report released Monday.

The University of Winnipeg's Institute of Urban Studies (IUS) tracked changes seen in the downtown landscape between 2005 and 2013 and found more than \$2 billion was spent on major projects over that time.

"These last eight years are critical," explained Jino Distasio, associate vice-president of research and innovation at the U of W.

"(They're) a departure from the Winnipeg of old where we were struggling to come up with the ideas of how to address change and address poverty, to now how we manage growth."

The IUS analysis includes a map of downtown developments over the last eight years, which can be found at uwinnipeg.ca/index/ius-index.

SHANE GIBSON/METRO

Student power

The IUS report also shows students have become an economic force in the downtown, with more than 24,000 now taking classes downtown.

Deadly brawl. Arrest made in death of Pillepp Amos

Winnipeg police said they have made an arrest after a man was reportedly attacked with a machete during a deadly brawl in the North End late last week.

Police found Pillepp Rick George Amos, 25, and another injured man outside a Manitoba Housing complex in the 100 block of Robinson Street just after 4 a.m. Friday.

Amos was taken to hospital in critical condition and later died. The other victim, a

38-year-old man, was taken to hospital in stable condition.

Amos died from stab wounds and blunt-force trauma, according to police, and a witness at the scene told local media she saw a man being stabbed twice with a machete.

Damian Fontaine, 26, has been charged with second-degree murder and assault with a weapon. **METRO/WITH FILES FROM THE CANADIAN PRESS/CJOB**

'Dressed To Kill.' Cher to come to Winnipeg in June

One of pop's most original and flamboyant stars will strut her stuff on the MTS Centre stage in 2014.

Cher is coming to Winnipeg on June 20 as part of her "Dressed To Kill" North American tour.

People who buy their tickets online will receive a free copy of Cher's new album, Closer to the Truth, which will be released Tuesday.

American Express holders



Cher SLAVEN VLASIC/GETTY IMAGES

will be able to purchase tickets Sept. 30 through Oct. 3. General ticket sales will happen Oct. 4 at Ticketmaster. **METRO**

College's solar troughs to face harsh winter

Red River College.
Researchers will look
at how much heat can
be generated in -40 C

Did you know?

According to Red River College, Winnipeg is the second-sunniest major Canadian city, with just under 2,400 hours of bright sunshine in an average year.

The hardness of eight solar troughs will be put to the test this winter at Red River College's campus near the airport.

The solar troughs will divert solar energy into fluid-filled tubes in which heat production will be measured. The project is a partnership between the college, the University of Manitoba and Manitoba Hydro.

Rob Spewak, research manager at RRC, said the project is cutting-edge because these solar troughs have not been tested in a cold climate.

"Typically they're used in southern climates, like Arizona, Nevada, so there's ... little to no experience at all in a northern climate like this," said Spewak, adding they hope to answer some interesting questions.

"What's going to happen,

how much heat are you going to generate when it's -40 C, are the troughs going to lose focus, do the components hold up during our harsh winter — there's a lot of different things at play."

Dr. James Blatz, vice-president of partnerships at the U of M, said this project is a great way to "pool our talent and resources to create successful and meaningful research contributions."

Manitoba Hydro provided \$277,000 toward the project, while Red River College provided \$53,000 through a Natural Sciences and Engineering Research Council of Canada grant.

BERNICE PONTANILLA/METRO



Rob Spewak, a research manager at Red River College, said his team will be looking at how eight new solar troughs hold up over a Manitoba winter.

BERNICE PONTANILLA/METRO

1 NEWS



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Transit Tuesday



Weekly Transit News Update

BUSTXT FOR PEOPLE ON THE MOVE

BUSTxt is Winnipeg Transit's Short Message Service (SMS) for real-time transit information. Text 287898 to get up to the minute bus departure times, locate the nearest bus stop and more.

GET INTO THE DOWNTOWN SPIRIT

The next time you and your friends are planning lunch at your favourite downtown restaurant don't forget about the Downtown Spirit. The free shuttle service is a great way to travel to most of Winnipeg's most popular downtown destinations.

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Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of south and southeast Winnipeg. DART buses operate during off-peak hours only and are cell phone equipped. Call 204-287-3278 (BUS-DART) and speak to the bus operator to arrange pick up from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis.

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Edson, Alta.

Is this just fantasy? Arrested Queen fan going into politics

An Alberta man who became a YouTube sensation for enthusiastically singing Queen's Bohemian Rhapsody from the back seat of a police car is going into politics.

Robert Wilkinson is running for mayor of Edson, a town west of Edmonton.

The town says Wilkinson submitted the necessary five signatures from residents along with his nomination papers to register as a candidate.

Wilkinson was convicted of impaired driving last November, fined \$1,400 and prohibited from driving for one year.

The RCMP video amassed more than 10 million hits. **THE CANADIAN PRESS**

Richmond, B.C.

Young men need to keep privates private: RCMP

Richmond RCMP are warning young men in the Vancouver suburb to make better choices about the private details — or parts — they reveal online.

Mounties say they have investigated four incidents of attempted extortion over the last month involving men who thought they were having a private Internet chat with an unknown woman in an unknown country. In each case, the chat led to the man exposing himself.

That's when the chat became anything but friendly, as police say the victims were told to send money to avoid having the videos sent to their friends and family.

THE CANADIAN PRESS

Supporters march in Montreal on Sunday during a demonstration in favour of the Quebec values charter, which would ban the wearing of religious symbols and clothing in the public service. GRAHAM HUGHES/THE CANADIAN PRESS

Former SC judge to back values charter

In defence of equality.
Claire L'Heureux-Dubé
says the face of females
in Muslim world is
increasingly uncovered

A former Supreme Court of Canada judge who claims she sees more veiled women in Quebec than in her travels to Muslim countries such as Pakistan and Morocco is expected to line up behind the Parti Québécois' charter of values and lend her legal credibility to the proposed ban on religious clothing in the public service.

The province's minority government argues that its initiative will bring to heel a growing wave of unreasonable faith-based exceptions from societal and workplace rules, guarantee equality of the sexes in the province and reinforce

the religious neutrality of the state.

The many critics in the political, legal and academic arenas



Claire L'Heureux-Dubé
THE CANADIAN PRESS

warn the proposal would violate religious freedoms already enshrined in Canadian and Quebec charter rights and inevitably be ruled unconstitutional.

But Claire L'Heureux-Dubé, who sat on the country's top court from 1987 until 2002, argued in a lengthy May 2013 radio interview that some rights are more fundamental than others and that, in Canada, the right to equality trumps religion.

"My vision is that there are fundamental rights. The right to live is fundamental. There

is no accommodation.... Equality is the same thing," she told Radio-Canada host Michel Lacombe.

"There are also civil liberties that are extremely important, but they're not on the same level. Freedom of expression and freedom of religion are another thing. They are civil liberties that can be reduced by what is reasonable in a free and democratic society."

L'Heureux-Dubé said that in travels abroad for legal conferences, she has noticed that the face of females in the Muslim world is increasingly one that is uncovered.

"There are more uncovered faces in Pakistan and Morocco and all those places than there are here."

L'Heureux-Dubé is confirmed as a member of the Rassemblement pour la laïcité (Rally for Secularism) collective.

TORSTAR NEWS SERVICE

Vancouver. Man charged in alleged peeping case

A warrant is out for the arrest of a restaurant co-owner who authorities allege observed or recorded people "in a place in which they could reasonably be expected to be nude."

Two former employees of the restaurant say they were told by a co-owner not charged in the matter that he discovered a USB-key-sized camera on Dec. 18, 2012, while cleaning around the toilet in the

co-ed washroom used by patrons and staff of the now-closed upscale establishment.

Police and the Crown would not comment on the case in detail, but Sgt. Randy Fincham of the Vancouver Police Department said in an email Monday that authorities are looking for Allan Bosomworth and are asking the man to turn himself in.

THE CANADIAN PRESS

Saskatchewan. 11 suspects charged in alleged hazing

RCMP have charged 11 people in connection to an alleged hazing at a rural Saskatchewan party that left high-school students injured.

Police issued a total of 34 charges in the incident near the town of Lanigan, including assault with a weapon and assault causing bodily harm on victims in grades 9 and 10.

The initiation ritual allegedly included what Moun-

ties describe as "paddling" victims with a "modified" goalie hockey stick and pouring chocolate syrup, flour and eggs onto them.

A number of the victims — all of them boys — were bruised, while one suffered muscle damage.

The incidents allegedly occurred at what RCMP called a "freshie party" on Sept. 6.

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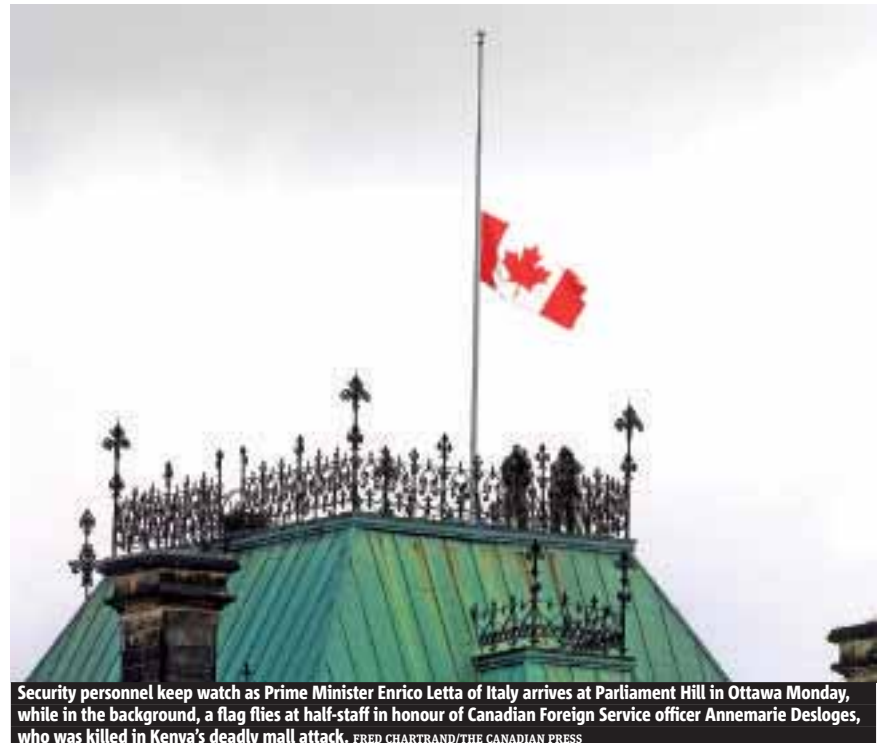
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Security personnel keep watch as Prime Minister Enrico Letta of Italy arrives at Parliament Hill in Ottawa Monday, while in the background, a flag flies at half-staff in honour of Canadian Foreign Service officer Annemarie Desloges, who was killed in Kenya's deadly mall attack. FRED CHARTRAND/THE CANADIAN PRESS

Canada keeping an eye on Kenya after 'cowardly' attack

Local connection? Amid reports a Canadian was among the attackers, PM Harper denies homegrown terrorism is a 'mass phenomenon'

Canada will continue to work with its international partners to confront terrorism, and will focus on the group responsible for the "cowardly" attack on a shopping mall in Kenya, Prime Minister Stephen Harper said Monday.

Two Canadians are among the 62 confirmed fatalities in the Nairobi raid and hostage-taking by the Somalia-based, al-Qaida-linked group al-Shabab. More than 175 people were injured in the assault that began Saturday and remained unresolved Monday afternoon.

An early, unconfirmed report claimed a Canadian was among the "mujahedeen" who staged the attack.

The prime minister, at a

press conference with his visiting Italian counterpart Enrico Letta, refused to comment directly on the report, and dismissed the suggestion that Canada may be vulnerable to homegrown terrorism.

"I'm not worried about such a thing as a mass phenomenon," Harper said, "but obviously there are always cases that we follow very closely and work with our international partners on. We have had, as you know, a series of legislation on anti-terrorism to give our police and security forces various tools to deal with the phenomenon."

Officials have confirmed that diplomat Annemarie Desloges was one of two Canadians killed when gunmen opened fire with AK-47s and threw grenades at Nairobi's upscale Westgate mall, a venue frequented by expatriates and wealthy locals. Media reports identified Vancouver businessman Naguib Damji as the other Canadian victim.

Harper said Canada and its allies abroad are monitoring the situation, and

One in critical condition

Canadian teens among injured: Aunt

A Minnesota woman says her two nieces — both Canadian citizens — were seriously injured in the terrorist attack on a Kenyan shopping mall.

Hodan Hassan says her nieces — Fardosa Abdi, 17, and Dheman Abdi, 16 — were shopping when the siege started.

She says Fardosa is in critical condition after undergoing two surgeries for severe leg injuries, while Dheman had a bullet break her leg and an explosion injure her arm.

THE CANADIAN PRESS

he once again extended his condolences to the families, friends and colleagues of the victims.

THE CANADIAN PRESS

'Bargain hunter' billionaire behind BlackBerry bid

From CrackBerry to discount bin. Prem Watsa is backing the \$4.7B deal that could breathe life into moribund company

Less than seven weeks after stepping down from the board at BlackBerry, billionaire investor Prem Watsa emerged Monday as the face behind a \$4.7-billion US deal to save the Canadian tech giant.

Often referred to the Warren Buffett of Canada for his investment choices, Watsa is now in the spotlight for helping broker the potential sale of the struggling smartphone maker.

"He's obviously a value investor. He's a bargain hunter but not in the classic short-term sense," said Eric Kirzner, a professor of finance at the Rotman School of Management at the University of Toronto.

"Like Buffett, he likes to acquire great companies at bargain prices and hold them for a long time and sometimes gets actively involved."

Watsa, who heads insurance firm Fairfax Financial, is leading a consortium that will acquire all the outstanding shares of the Waterloo, Ont.-based BlackBerry for \$9 US per share. Toronto-based Fairfax is already the struggling smartphone maker's largest shareholder, owning about 10 per cent of the stock.

Watsa joined the board at



Fairfax Financial Holdings offered Monday to buy BlackBerry in a deal that values the company at about \$4.7 billion US. THE ASSOCIATED PRESS FILE

Buy low, sell high?

"Like Buffett, he likes to acquire great companies at bargain prices and hold them for a long time."



Eric Kirzner, a professor at the Rotman School of Management at the University of Toronto, on Prem Watsa's investment style. Watsa is pictured at right.

BlackBerry in January 2012 following a shakeup at the executive level with the departures of BlackBerry co-CEOs Jim Balsillie and Mike Lazaridis and their replacement in the top job by current CEO Thorsten Heins.

At the time, the Fairfax chairman and chief executive said that a turnaround for the maker of smartphones that

were once so popular they were known as CrackBerrys would take upwards of three to five years.

Kirzner said the timing of this deal is questionable, considering that it's been less than two years since Heins took over.

Since then, the company has slashed staff, with some 4,500 employees — 40 per cent of the remaining workforce — being let go in the latest job cuts announced last Friday.

In the same announcement, BlackBerry said it would face a writedown of nearly \$1 billion when it reports its latest quarterly earnings this Friday.

The news sent the stock plummeting, down 16 per cent to close at \$9.08 Friday on the Toronto Stock Exchange. It was unchanged Monday.

"This is interesting but hardly definitive at this stage," said Kirzner, the John H. Watson chair in value investing at Rotman. THE CANADIAN PRESS



Just like the boomers, VW's hippie bus is retiring

It carried hippies through the 1960s, hauled surfers in search of killer waves during endless summers and serves as a workhorse across the developing world, but the long, strange trip of the Volkswagen van is ending. Brazil is the last place in the world still producing the iconic vehicle, or "bus" as it's known by aficionados, but VW says production will end Dec. 31. Safety regulations mandate that every vehicle in Brazil must have air bags and anti-lock braking systems starting in 2014, and the company says it cannot change production to meet the law. Although output will halt in Brazil, there should be plenty of VW vans rolling along for decades, if only because there are so many, and they are so durable. VW produced more than 10 million Volkswagen Transporter vans globally since the model was introduced 63 years ago in Germany, though not all resemble the classic hippie machine. THE ASSOCIATED PRESS FILE

Peaks and valleys

\$149.90

Highest stock price, on June 19, 2008

\$6.10

Lowest stock price, on Sept. 24, 2012

\$9

Stock price of Fairfax offer per share on Monday

80M

Highest number of subscribers



72M

Current number of subscribers

20,000

All-time high number of employees

8,200

Number of current employees (after Sept. 20 layoff announcement)

Market Minute



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97.23¢ US (+0.13¢)



TSX
12,811.20 (+4.73)



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Natural gas: \$3.60 US (-0.9¢)
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TOUGH TO KEEP UP IN TECH AGE

Five hours. That's the approximate amount of time I lost this weekend thanks to Apple's iOS7 update. I spent about 45 minutes downloading the new software on my iPhone and an entire afternoon trying to figure out how to use it.

Apple's website bills the new mobile operating system as a "lively and intuitive interface" with more than 200 new features to make your mobile life easier and more enjoyable. But unless you're an Apple employee or an iPhone fan-boy, it will take you some time to familiarize yourself with the new interface. And for every additional candle on your birthday cake, the learning curve is exponentially steeper.

Like all new forms of technological progress, iOS7 offers plenty of new features that you never actually wanted but soon enough you'll wonder how you ever lived without them. I updated my phone less than 48 hours ago and yet I can't imagine going back to a time before



SHE SAYS
Jessica Napier
metronews.ca

I had the option to customize my vibration alerts and select from a variety of live photo filters before snapping a selfie.

A host of updated apps and tools have now been unleashed into the world in an effort to make our lives more streamlined. Thanks to the many built-in apps, my device has become a calculator, a camera, a level, a flashlight, a compass, a stopwatch and, yes, occasionally I might even use it as a phone.

While digital advancements might be rendering certain physical objects obsolete (provided your battery life holds out), outdated technology has a way of lingering around in a referential sort of way.

I've always thought it was funny that many smartphone icons have been designed to resemble their ancestral counterparts. Years after it became obsolete, the floppy disk continues to be memorialized as the "save" button on all

Microsoft products. Similarly, email icons appear as a hand-delivered envelope, the ubiquitous green call button mimics an old telephone handset, and the draining battery symbol resembles a classic AA.

Future generations might never even realize that these icons actually represent outdated tangible items. They will never know what it is like to live in a wired world of landlines and dial-up Internet. In their reality, swipes and taps will have replaced mouse clicks; every smartphone will have a built-in retina scanner (fingerprints are so 2013); and hipsters will show off their ironic collections of keyboards and other desktop computer relics.

For now, I'm still trying to navigate the technicolour dream world that is iOS7.

Sure, the vibrant interface is a bit too cheerful and the 3D parallax wallpaper is giving me motion sickness, but all early adopters know that it always takes a while to acclimatize to a new land.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Making a beeline for the honey



H & H-J KOCH/SOLENT NEWS

Bees link bodies to repair comb

In a remarkable shot of teamwork in the natural world, a colony of honey bees link their legs together so they can repair the gaping hole in their honeycomb. Heidi and Hans-Jürgen Koch captured the insects' extraordinary effort at an apiary in the University of Würzburg in Bavaria, southern Germany.

METRO

Q and A

Bee chains—a 'mystery'

HEIDI AND HANS-JÜRGEN KOCH
Photographers, both 56, from Goosefeld, Germany

What exactly are the bees trying to do?

They are making chains with their bodies so they can repair a honeycomb. But for scientists, it's still a mystery why they actually do this — it's a gaping hole within research. For about two hours they were forging a line in a vain attempt to fill the hole.

When the wind would blow, the bees would scatter. But as soon as it died down, in a flurry the bees would return to build.

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Love it or hate it, iOS7 is here to stay. While many are still waiting for the kinks to be worked out of Apple's latest iPhone and iPad operating system, the brave who have taken the plunge offer a glance at what to expect with the new upgrade — so you know just what you've been holding out for.

Blocking:

Finally, Apple gets it. You don't want to hear from your ex-lover, former boss or a telemarketer ever again. Now you don't have to with the blocking function.

Time stamps:

Find out exactly when individual messages were sent with the new time stamp feature. No more guessing.

Photo filters:

If you've started to get a tad paranoid about putting all your selfies on Instagram, the new iOS has a built-in photo filter feature. Goodbye #Instagram.

Wish list:

Want an app but don't want to shell out for it just yet? Add it to the new iOS7 wish list.



GETTY IMAGES

Letters

RE: Coca-Cola Apologizes For 'You Retard' Bottle Cap, published Sept. 19

I would like to express my gratitude to all those involved in producing the article and bringing the widespread issue of social inequality to the attention of the public.

An incident that could have easily been passed by was brought to the attention of all the readers of your newspaper and will now be in the back of their minds as they go through their days, weeks, and lives.

Coca-Cola, a world renowned

supporter of all types of people in all walks of life, has made a mistake that should cause a serious problem for the company. The fact that this was done as part of a promotion that takes our two official languages and puts them together is appalling.

The link between the two languages should be a cause for celebration, appreciation, acceptance and a sign that our country is moving forward towards a place where everyone is accepted regardless of their language, race, sexual orientation, beliefs and abilities.

Lindsay Qualtrough
Scarborough, Ont.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca



Don Jon, Joseph Gordon-Levitt's directorial debut, couples a novel pun with a novel complication. The star plays a modern reinvention of the legendary lothario, a New Jersey gym rat with a porn addiction that may hamper his blossoming relationship with his breathtaking co-star Scarlett Johansson. Rom-coms that defy fluffy conventions are rare beasts. We line up the best of this sparsely populated sub-genre.

MIKE DOJC



Shallow Hall

(Jack Black, Gwyneth Paltrow) — Hal is a superficial to the nth degree kind of guy. Hypnotized by Tony Robbins to see only inner beauty, he falls head over heels for a 300 pound woman. The story arc may ride the traditional rom-com waves of emotion, but it does so while simultaneously skewering the genre thanks to the Farrelly brothers' bold and brave brand of funny business.

5

Out of the box rom-coms



Safety Not Guaranteed

(Aubrey Plaza, Mark Duplass) — A cynical journalist with a couple apathetic interns investigates a kooky classified ad placed by an alleged time traveller who is seeking a sidekick for a mission into the past. This smart and imaginative film manages to imbue weighty relationship issues with an endearing warmth while weaving in serious doses of chuckles.



Silver Linings Playbook

(Bradley Cooper, Jennifer Lawrence) — The Hangover trilogy's breakout star shed his frat house rep with an Oscar nom worthy turn as a bipolar man released into his parents' care after an eight month stint in a mental-health facility. A gritty rom-com that eschews the hollow hallmarks of the genre by uniting a pair of truly damaged characters, Playbook focuses on serious relationship building rather than relying on cute contrivances.



Punch Drunk Love

(Adam Sandler, Emily Watson) — The Sandman is still very recognizable as an insecure, tormented sad-sack prone to bouts of rage. Only this time he's not a caricature and the overarching themes of loneliness and cathartic self-acceptance ring truer as a result. But throw in an extortionist sex phone line operator and a scheme to stockpile pudding to collect frequent flyer miles and you won't be needing a tissue box.



Lars and the Real Girl

(Ryan Gosling, Kelli Garner) — At the behest of a shrink, in order to get to the root of a deep-seeded psychological delusion, Lars' family and friends play along with his belief that a life-sized doll is a real woman that he's in a committed relationship with. Instead of being tempted by cheap gags, the movie doubles down on tenderness as town folk play along in an effort to free him of his social anxiety.

2 SCENE

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Miley Cyrus. ALL PHOTOS GETTY IMAGES

Bling it back: He put a ring on it, and it may not be returning

The engagement may be off, but Miley Cyrus is apparently keeping the ring. Cyrus is said to still be hanging onto the hand-cut 19th century ring — estimated to be worth about \$100,000 — that Liam Hemsworth gave her, accord-

ing to E! News. "The ring has not been returned to the jeweler, Neil Lane," a source says. "Generally, the protocol is for the bride to keep the ring. It's up to her whether or not she wants to return it or keep it as a memento."

The Word



Biggest blunder or best-ever Emmy speech?

MELINDA TAUB
Metro World News

Merritt Weaver won best supporting actress in a comedy Sunday night at the Emmys, and her acceptance speech was one for the books.

"Thank you so much," she said. "Um, I gotta go." And then she went, as though the Emmy audience were a bad blind date and

she was slipping out of a coffee shop.

What would lead an actress to shrug off her moment of glory without thanking everyone they'd ever met?

Sounds like the Nurse Jackie star just had a good old-fashioned freak-out. "It's hard to do those," she said backstage after the show, according to Variety. "I don't know how to feel yet. ... I have therapy next week."

So reporters should probably wait outside her therapist's office if they want to finally hear her thank her publicist.

Or we could all just agree her speech was awesome?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Michael Douglas

Michael thanks his wife despite turbulent times

While Michael Douglas was collecting an Emmy for his work in *Behind the Candelabra*, his estranged wife, Catherine Zeta-Jones, made her first public appearance since they announced their separation, walking the red carpet in Qingdao, China to celebrate the announce-

ment of a new \$5 billion film studio to be built there, according to TMZ. Douglas was gracious enough to mention her in his acceptance speech, though, saying, "I want to thank my wife, Catherine, for her support" while still sporting his wedding ring.



Laura Prepon

Prepon knew her pals were meant to be

Mila Kunis and Ashton Kutcher's former *That '70s Show* co-star Laura Prepon "wasn't surprised" when Kunis and Kutcher began dating last year, telling *Us Weekly* that it's "incredible" to see them together. In fact, she confirms that way back when they made their sitcom, Kutcher was actually Kunis' first kiss — on-screen or off. "He was, he was," she says. Prepon also believes that, should what appeared to be an engagement ring on Kunis' finger this month lead to a wedding, she'll get an invitation. "Obviously if people wanted us there — which she would because we're all family — then of course I would be there," she says. "We support each other no matter what."

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Twitter



@ChloeGMoretz

Hey guys gimme some suggestions on one of the darkest songs you know, really good dark song



@josswhedon

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@MARLONLWAYANS

My stomach hates me for the pizza I ate today

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LE



Corolla LE shown.

*Fuel efficiency estimates were determined using approved Government of Canada test methods. Actual fuel consumption will vary based on driving habits and other factors.



toyota.ca

Popped a molly, now I'm sweating and now I'm dead

Drugs. Pop culture have people thinking molly is a safe drug but the reality couldn't be farther from the truth

MEREDITH ENGEL

Metro World News

Ecstasy has long been a popular club drug, but its molecular form — dubbed “molly” — is going through a surge in popularity these days.

Miley Cyrus sings about dancing with molly in her song We Can't Stop, and a series of deaths from the drug in the past two weeks is being linked to a possible bad batch sweeping the U.S. East Coast.

Young people love it because they seem to think it's a purer (and therefore safer) form of ecstasy, says Dr. Travis Stork, an emergency physician and host of TV's The Doctors, which just premiered its sixth season. But that “could not be further from the truth,” he says.

“The young adult culture that's embracing (this) has this false sense of security that it's safe,” says Stork. “Especially when it's in a powder form. The truth is you have no idea what's really in it.”

As a stimulant, molly revs up bodily functions — everything from metabolism to heart rate to blood pressure to brain function.

Even though it's in the same drug category as caffeine, taking molly is not like



Taking a molly has some severe risks. ISTOCK PHOTOS

just drinking a giant mug of coffee.

Molly also has a psychedelic element to it, one that can cause hallucinations and feelings of euphoria and invincibility.

The consequences of that high include a spike in heart rate and blood pressure,

hyperthermia (when the body overheats), hyponatremia (a major sodium imbalance in the body) and seizures, all of which can be fatal.

Stork urges parents to speak to their children about the drug before their peers start the conversation.

“There's so much mis-

information out there amongst kids, and obviously we know that kids are willing to say or believe anything,” he says. “My advice is have an honest conversation about drugs with your kids before their friends do in a respectful, trusting way, because once that conversation's been



Miley Cyrus' recent song has helped to popularize the use of the drug. CONTRIBUTED

had, if it's been had by someone else, it could be too late.”

There's no “right” age to start that dialogue, he adds — it's about knowing your child, being involved in his or her life and keeping your ears open.

“If you're worried about someone else having the conversation with your child, that's the time to have the conversation,” he says. “As a parent, it can be uncomfortable to bring these things up — just like the conversations about sex can be difficult to bring up — but they can also be incredibly, incredibly meaningful.”

Best Health

Stretch out your stress with yoga



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

How does yoga help to soothe stress? Let us count the ways. Best Health asked for insights from David Good, a yoga instructor at studios including Breathe Yoga Studio in Toronto. He is also a Lululemon Amba-

sador.

“I believe in opening the mind and heart to a new way of thinking about your body and potential,” he says, adding yoga can help you feel less stressed in these three ways.

It provides muscle relief

From shoulders to neck, hips and lower back, yoga releases tension due to stress in these major store houses by lengthening the muscles and creating gaps between joints and bones.

It promotes healthy organs

Yoga stimulates the parasympathetic nervous system, Good says. “Whereas the sympathetic nervous system is your ‘flight or fight’ trigger, the parasympathetic nervous system helps you relax by lowering your blood pressure, strengthening your digestion and boosting your immune system.”

It gets you fit inside and out

A healthy workout is good for the body and soul. Yoga helps you to become leaner, build muscle and de-clutter your conscience.

It leads to clarity and focus

“Yoga teaches you the art of concentration, which helps you to establish a real sense of self,” Good says.

It builds emotional strength

Meditation through yoga forces you to take a pause and to reflect, which over time enables you to better handle stress and face issues with a stronger, more positive and confident approach.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.



Let yoga melt away your stress. ISTOCK PHOTO

Country twist on comfort food



ROSE REISMAN
For more, visit
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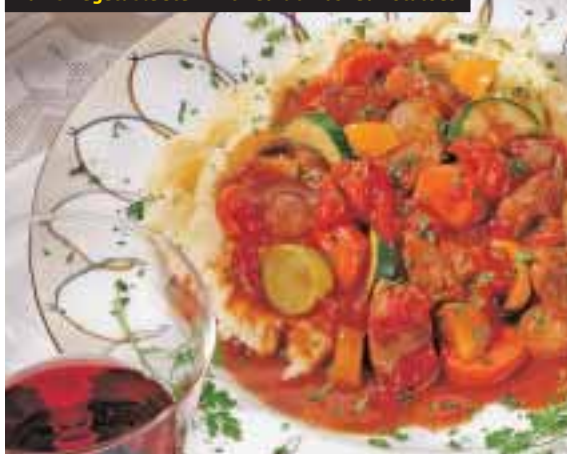
This is a wonderful comfort stew as the weather gets cooler. Leg of lamb is a great cut of meat for this stew but feel free to substitute top sirloin beef. If you use stewing beef you will have to simmer the stew longer until the meat is tender.

1. In nonstick saucepan, heat 2 tsp of oil over medium-high heat. Dust the lamb cubes in the flour and add to the saucepan. Cook for 5 minutes or until well-browned on all sides. Remove lamb from saucepan.

2. Blanch the pearl onions in a pot of boiling water for 1 minute; refresh in cold water and drain. Peel and set aside.

3. In same saucepan, heat remaining 1 tsp oil over medium heat; add garlic, mushrooms, leeks, carrots, bell peppers, zucchini and pearl onions. Cook 10 minutes or until softened, stirring occasionally. Stir in tomato paste and wine. Return

Lamb Vegetable Stew with Garlic Mashed Potatoes



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

lamb to saucepan along with tomatoes, stock, rosemary, bay leaf and salt and pepper. Bring to a boil, cover, reduce heat to medium-low, and simmer for 25 minutes or until carrots and meat are tender.

4. Meanwhile, put potatoes in saucepan with water to cover; bring to a boil and cook 15

minutes or until tender when pierced with knife. In nonstick skillet, melt margarine over medium heat; add garlic and onions and cook 4 minutes or until softened. Drain cooked potatoes and mash with chicken stock and sour cream. Stir in onion mix and salt and pepper. Place potato mix on large serving platter and pour stew over

Ingredients

- 3 tsp vegetable oil
- 12 oz leg of lamb, visible fat removed, cut into 1-inch cubes
- 3 tbsp flour
- 1 cup pearl onions
- 2 tsp minced garlic
- 1 1/2 cups sliced mushrooms
- 1 1/2 cups chopped leeks
- 1 cup sliced carrots
- 1 cup chopped bell peppers
- 3/4 cup sliced zucchini
- 1/4 cup tomato paste
- 1/3 cup red or white wine
- 2 cups chopped tomatoes
- 2 cups beef or chicken stock
- 2 tsp dried rosemary
- 1 bay leaf
- Salt and pepper to taste

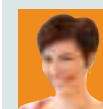
Mashed Potatoes

- 1 1/2 lb potatoes, peeled and quartered
- 1 tbsp margarine or butter
- 1 tbsp minced garlic
- 1 cup chopped onion
- 1/2 cup chicken stock
- 1/3 cup light sour cream
- Dash of salt
- 1/4 tsp ground black pepper

top. ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

Health Solutions

Honey, honey



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You know honey is good for you but you don't know why or what to look for, right?

Hugh Simpson is an artisanal beekeeper in Collingwood, Ont. (ospreybluffs-honey.ca) and he busts some honey myths.

Myth: When honey crystallizes it spoils

• Honey never spoils. Crystals are caused by sugars combining and forming together. It is actually good because it tells you your honey has never been heated. Just immerse the jar in boiled water and let sit to reverse the "problem."

Myth: Pasteurizing makes honey healthier

• It does the opposite in that it adds heat,

which kills the enzymes that provide a health benefit. The true honey lover wants the crystals, which indicate a less processed product.

Myth: Squeeze bottles are best

• While it may feel easier to squeeze a dollop, you really want to purchase your honey in glass jars. If only so you can uncrystallize easily without risking plastic leaching.

Myth: Honey colour means nothing

• The colour of honey is a function of nectar source. The darker the colour, the more intense the taste. Light honey comes from canola or

basswood. Orange honey's bees are fed on dandelions. Multifloral honey is mid-season and mid-colour. Late season is richer because of wild flowers like goldenrod.

Theresa Albert is a food communications specialist and private nutritionist in Toronto. She is @theresaalbert on Twitter and found daily at myfriendinfood.com



SaladMatch. Spinach, tomatoes and a side of true love, please

You had me at "romaine." This could be the sound of the dating scene now that the New York City chain Just Salad has released its new dating app, SaladMatch.

Signing up is simple: You can download the app for free and connect through your Facebook account. Your Facebook profile picture is your SaladMatch picture. The only information you need to provide is salad preference, which

location you frequent and what time. From there, SaladMatch finds other singles with similar tastes and lunch schedules.

Skeptical? Just Salad has actually been tossing salad lovers together for years, beginning with the launch of SaladMatch.com in 2010. The app, however, is brand new. The goal is to connect busy young professionals who lead healthy lifestyles.

Similar to Tinder, users can click "yes" or "no" based on the profiles. SaladMatch generates.

So, balsamic or ranch? There could be a lot more riding on that decision than you think. METRO

Who could you meet while chowing down on your favourite salad?
ISTOCK



Feel free to quote him on that, it's been done 1,000 times

Former maintenance worker Greg Packer has been quoted more than 1,000 times in media reports, at everything from iPhone launches to Whitney Houston's funeral. He has met four presidents and three popes, and became so pervasive that The Associated Press sent a memo to reporters to stop quoting him, which he considers one of his main achievements. Following a film Packer made, we became the latest publication to feature him.

We've got to ask: What's the appeal of being quoted so many times?

It's a combination of the event, the news event around it, and being out and about in different, exciting places.

How do so many of your quotes make it into reports?

There's no guarantee and I'm shocked how often it happens. I think it's a combination of enthusiasm, truth and giving reporters a chance to present their story.



Most quoted "man on the street" Greg Packer (in the hat) holds first in line for the Apple iPad in 2010. GETTY IMAGE

In all the years you've been doing this, what is the best story you have been in (apart from this one)?

The iPhone queue was one of my favourites because it's such a popular event. Another was in 1996 when I was second in line for World Series tickets.

Have you ever wanted to work in media?

Yes it crossed my mind, but I never pursued it.

Does anyone else do what you do?

I haven't come across any but it wouldn't shock me if I had imitators.

If you could have the pick of any newspaper or TV show, would you most like to appear on?

I would love to appear on Letterman or the BBC in London. I'll just keep getting out there and maybe I'll get the call, just like you called me! METRO WORLD NEWS

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the remaining 20 per cent to electronic, rather than paper, payments. How can they do that? With your help.



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MMA

Jones, Gustafsson out of action after gruelling title fight

Light-heavyweight Jon (Bones) Jones and Sweden's Alexander (The Mauler) Gustafsson have both been given minimum 60-day medical suspensions after their gruelling five-round fight at UFC 165 on the

weekend.

Both fighters were taken to hospital after Saturday night's main event at the Air Canada Centre but were released by morning. Jones won by decision.

Jones will also need a CT scan or MRI plus an X-ray before he can return to action, according to the Ontario Athletic Commission. Gustafsson is required to take a CT scan or MRI.

METRO

NHL

Leafs' Clarkson gets 10-games for leaving bench

Toronto forward David Clarkson has been suspended 10 regular-season games without pay on Monday for leaving the Leafs bench to fight on Sunday against the Buffalo Sabres.

THE CANADIAN PRESS

NHL

Morrow lands job in St. Louis

The St. Louis Blues have signed forward Brenden Morrow to a one-year contract, reported by multiple media outlets to be worth \$1.5 million US. Morrow had 25 points (12 goals, 13 assists) in 44 games with Dallas and Pittsburgh last season. THE CANADIAN PRESS

NHL

League cracks down on Kassian with 5-game ban

The NHL suspended Vancouver Canucks forward Zack Kassian for five regular-season games and the rest of pre-season on Monday for a hit that broke the jaw of Edmonton forward Sam Gagner. THE CANADIAN PRESS

O's add injuries to tail end of abysmal trip to Tampa Bay

MLB. Tampa moves one game ahead of Cleveland in battle for AL playoff berth

The Baltimore Orioles' trip to Tampa Bay ended up more damaging than they could have ever imagined.

All-star third baseman Manny Machado went down with a potentially serious leg injury, Alexi Casilla left with a head injury and the Orioles were pushed to the brink of being eliminated from the AL wild-card race Monday with a 5-4 loss to the Rays.

"It was a tough four days and it culminated in a lot of bad stuff today," Orioles second baseman Brian Roberts said. "The losses and the injuries and feeling like we had a good chance coming into Tampa, to walk out with this kind of feeling is tough for everybody."

James Loney's pinch-hit home run off Tommy Hunter ended the series for the Orioles, who fell five behind idle Cleveland for the second

On Monday

5

Rays

4

Orioles

wild card with six games left. Tampa leads the Indians by a game.

"I don't want to say depressing; it probably is," Orioles manager Buck Showalter said.

Both injuries occurred during the seventh inning. Machado's left leg buckled when he stepped on first base running out an infield single. He was taken off on a stretcher.

Tampa Bay manager Joe Maddon, who had a better view of Machado's collapse, had a more stark analysis.

"It's horrible," Maddon said. "Hate to see that. This young man blows out his knee, possibly, and then this collision in right field. You can see how badly they wanted it, too."

THE ASSOCIATED PRESS



The Rays' James Loney gets doused with ice water by teammate Yunel Escobar after hitting a ninth-inning game-winning home run off Orioles relief pitcher Tommy Hunter on Monday in St. Petersburg, Fla. CHRIS O'MEARA/THE ASSOCIATED PRESS

Kelly keys Bruins to overtime win over Caps

Centre Chris Kelly scored 3:39 into overtime and defenceman Zdeno Chara scored two goals to lead the Boston Bruins to a 3-2 victory over the Washington Capitals in a pre-season game Monday night.

Kelly scored on a rebound of a shot from the left point

by defenceman Matt Bartkowski.

The Bruins outshot the Capitals 38-14. Goaltender Tuukka Rask made 12 saves, while Braden Holtby stopped 35 shots for Washington.

Connor Carrick scored 11:16 into the second period to give the Capitals a 1-0 lead

on their second shot of the night

Chara scored the game's next two goals, at 18:22 of the second period and 22 seconds into the third period on a 5-on-3 power play. Martin Erat tied the game for Washington at 6:38 of the third period. THE ASSOCIATED PRESS



Capitals goalie Braden Holtby sprawls on the ice to make a save on the Bruins' Shawn Thornton on Monday night in Boston. CHARLES KRUPA/THE ASSOCIATED PRESS

San Jose at Chivas

Horoscopes

Aries

March 21 - April 20

Someone will try to provoke you in the hope that you will disgrace yourself in front of important people. Now that you know, you can control your feelings and pretend you are cool, calm and collected.

Taurus

April 21 - May 21

Don't let others push you too hard today. Taurus may be one of the most rugged signs but you have your limits. Know what they are and make sure you stay within them.

Gemini

May 22 - June 21

There are moments when the pieces in the jigsaw fit and you see the bigger picture. This is one of them. It's also one of those moments when you realize anything is possible.

Cancer

June 22 - July 23

Take what is on offer today, even if it is less than you were hoping for. If you hold out too long, there is a chance others will lose patience and pull back from the brink. It's a good deal.

Leo

July 24 - Aug. 23

What is right for you may not be right for someone else and it's important that you recognize that. If you expect someone you live or work with to like what you like then you will be disappointed.

Virgo

Aug. 24 - Sept. 23

What you own and what you earn is high on your agenda at the moment and will get even higher over the next few days. Find ways to boost your income and try to work it so that you help other people too.

Libra

Sept. 24 - Oct. 23

Whatever you start over the next few days you will have the power of the Sun behind you, which means you cannot fail. If you get a hunch then go with it and expect it to lead you to fame and fortune.

Scorpio

Oct. 24 - Nov. 22

Mercury in your sign will clear your mind of foolish ideas and make it easier for you to pursue a course that leads to material success. Fantasy can be fun, but reality has its pleasurable moments too.

Sagittarius

Nov. 23 - Dec. 21

If you think that life has been a bit tame, you will change your tune over the next few days. In fact, you may begin to wish that the pace of life was not quite so hectic. Too bad.

Capricorn

Dec. 22 - Jan. 20

Changes in your world will have a knock-on effect on your long-term day-to-day affairs. Should you be worried? Not really, because in the long-term these changes can only make you stronger.

Aquarius

Jan. 21 - Feb. 19

Look beyond your everyday environment and discover places, people and ideas that expand your mind. Life is a fun learning experience, one that never ends.

Pisces

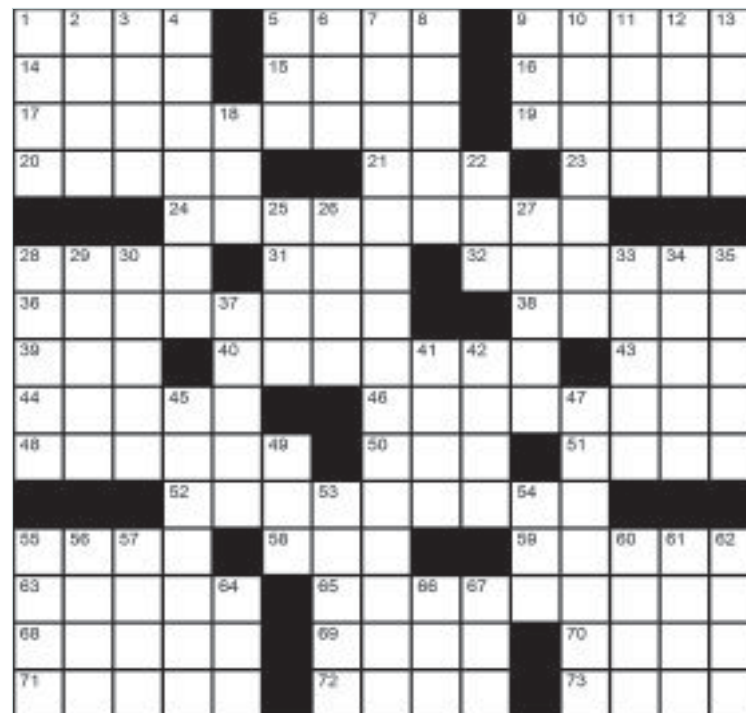
Feb. 20 - March 20

It won't be easy to keep your fears under control. Whatever happens, and whatever you imagine might happen, realize that in the greater scheme of things it's of no real importance. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Farm enclosure
5. Mystique
9. Flight segment
14. Soldier's supply, shortly
15. Cast __ pan
16. Door: French
17. Write up a dosage for
19. Martian
20. Baseball inning
21. Groceries holder
23. Not different
24. Send to the wrong locale
28. 1812 Rossini comic opera, La Scala di __
31. Pique
32. Follower of The Way
36. Jeans brand
38. New Wave music instr.
39. Slot machine feature
40. Least favourable, as per scenarios: 2 wds.
43. Bambi's mom, for one
44. Someone sulking
46. " __ Rhapsody" by Queen
48. Greenery in houses
50. Pre-Traveling Wilburys gr.
51. Gets food
52. Glum
55. Eyeliner of ancient Egypt
58. Painting, for



- instance
59. Debated topic
63. Self-evident truth
65. Full belief to not doubt
68. Jumpy
69. Handwashing need
70. Country star, Vince __

71. Website's opening page word, sometimes
72. Cloth scraps
73. Airport scr. post-ings

Down

1. Breakfast cereal brand, __ Crunch

2. Actor Mr. Katz
3. Sort of sign
4. "The __ Always Rings Twice" (1981)
5. Breathed-in stuff
6. Mr. Geller of spoon-bending
7. Toronto-born member of The Band: 2 wds.

8. Approaching, archaically
9. Luxe lieu
10. Anna Karenina author Leo
11. Solo-moment song
12. Any thing
13. Ms. Russo
18. Vital life energy

22. Understand
25. Sediment
26. Ms. Barrymore
27. Hereditary social class
28. Overwhelm, as with work
29. Movie star Mr. Flynn
30. Florida city
33. "A Passage to __" (1984)
34. Short-tailed weasel
35. Not nows
37. "Wayne's World" (1992) character
41. Throw the dice
42. Sole spot
45. Attach, as to a letter
47. Classic rap song: "The __"
49. Above __ level
53. De-chalk the chalkboard
54. Posh title
55. William's wife
56. Yoked pullers-of-plows
57. Bit of knowledgeable help
60. Miffed state
61. American sch. on the West Coast
62. Morays, and others
64. Sea: French
66. " __ Songs (Say So Much)" by Elton John
67. Booming times

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 22°
MIN: 9°



MAX: 22°
MIN: 12°



MAX: 22°
MIN: 11°



JENNA KHAN
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



visit metronews.ca

I REMEMBER WHEN

HOMECOMING 2013

SEPTEMBER 23-29

JOIN ME AT THE UNIVERSITY OF MANITOBA'S HOMECOMING 2013

Sasa Radulovic [BEnvD/99, MArch/03] got his start as an award-winning architect at the University of Manitoba. This fall, he's looking forward to joining his classmates at the Faculty of Architecture's 100th Anniversary Celebration. Architecture isn't the only faculty marking a milestone anniversary. Visit umanitoba.ca/homecoming to find out about the more than 40 events taking place at Homecoming 2013.

JOIN THE CELEBRATION:

Enjoy classical and jazz performances
at the Desautels Homecoming Concert

Sign up for the Terry's CAUSE
on Campus fun walk, roll or run

Get active at the Kinesiology and
Recreation Management Open House

See the new stadium at the
Bison Football Game and
Pre-game Party



umanitoba.ca/homecoming

Alumni |



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